**Badminton Performer**

**Core Skills**

1. Service (low/high)
2. Net Play (forehand/backhand)
3. Clears (forehand/backhand)
4. Drop Shots
5. Smash

Allocation of marks:

Grip (1), Early preparation (1), Shot positioning (1), Recovery (1), Overall effectiveness (1).

Practices:

1. Service

* Short backhand serves / high forehand serves into empty court.
* Serving at a target
* Serving against opposition (3 shot rally)

1. Net Play

* Single hand feeds forehand/backhand net shots (inc tumble net shots)
* Continuous practice alternating between forehand and backhand net shots.
* Net rally with partner.
* Competitive rally with service line as baseline.

1. Clears

* Forehand /backhand clears from single feeds.
* Continuous rally of clears with partner.
* Competitive rally against partner, only winning points when shuttle lands in back tramlines.

1. Drop Shots

* Straight drop shots with continuous feeds.
* Sliced cross court drop shots with individual feeds.
* Continuous drop shots straight and cross court using two feeders.
* Drop shot/net shot/lift routine with partner (then competitive)

1. Smash

* Straight smash with single feeds.
* Continuous smash rally alternating sides with two feeders.
* Continuous smash/block/lift routine.

Also show a variety of these skills in conditioned games:

* Half court singles.
* Full/half court games with no smashes.
* 2v1 (into doubles court)
* 25 shots